I.   Cross Reference to Related Applications

This is a continuation-in-part application which claims priority from, U.S. Patent Application Serial No. 09/977,577, filed 10/15/01, U.S. Patent Application Serial No. 09/829,757 filed 4/10/01, which is a continuation-in-part application which claims priority from and incorporates by reference, U.S. Patent Application Serial Number 60/196,498, filed April 12, 2000, now abandoned, all bearing the same title and all incorporated by reference.

II.   Technical Field of the Invention

The present invention pertains to an electrical digital computer machine and a data processing system, methods of making and for using the machine, products produced thereby, as well as data structures and articles of manufacture pertaining thereto, as well as all necessary intermediates, all in the field of computerized aspects of machine-based fitness training. More particularly, this invention relates to a digital electrical computer network and methods related thereto for enabling people to program a cardiovascular exercise routine on a personal computer or the like and then have that exercise routine downloaded to a piece of fitness equipment, such as a treadmill. In a more particular embodiment, a virtual private network, or web-based system, makes available a library of preprogrammed exercises, preferably with means for modifying a routine from the library, or for creating a new routine by selecting the type of cardiovascular fitness equipment, the duration of the exercise routine, the number of time intervals, the exercise intensity, and the speed for each interval. Customized routines are stored by the system for future use or reference. Ancillary features for use by a subscriber during a exercise routine are also provided.

III.   Background of the Invention